

STANDARD DIET 2500 KCAL FOR BODY WEIGHT MAINTENANCE

	MEALS	MENU ^{1 TIME WEEKLY}
W H I T E	BREAKFAST	Fresh milk 0-3.49% fat + oat flakes (1 cup, 3.2 oz) + banana (1 medium, 4.2 oz.) (better try it as oat cream)
	SNACK	Apple (1 small, 4.2 oz.) + Pear (1/2 medium, 3.2 oz.) + Cereal bar high in fiber (1 piece) (about 80-90 kcal, 0.5 oz. carbohydrates kai 1-3 oz. fat/ piece)
" M E A	LUNCH	Seasonal salad ⁽¹⁾ or vegetable soup + chicken, without its fat crust, cooked (5 oz.) + pasta, cooked (2 cups, 280 oz.)
	SNACK	Fresh orange juice (1 cup) + fresh almonds (or other nuts) (0.5 oz.) + whole wheat bread sticks (2 pieces, 1 oz.)
T	DINNER	Seasonal salad ⁽¹⁾ + barley rusk (2 oz.) + feta cheese (60 oz.)

	MEALS	MENU ^{2 TIMES WEEKLY}
" R E D	BREAKFAST	Fresh milk 0-3.49% fat + oat flakes (1 cup, 3.2 oz) + whole wheat bread (2 slices, normal, 1 oz.)+ ½ tbs. tachini/margarine + a little honey or homemade jar + kiwis (2 servings, 5 oz.)
	SNACK	Blended juice (1 medium banana, 4.2. oz., 1 small apple 4.2 oz., 1 medium orange) +1 sandwich (2 whole wheat bread slices for 2 oz., cheese medium in fat, low fat cold cuts (0.5 oz.)
" M E A	LUNCH	Seasonal salad ⁽¹⁾ or vegetable soup + beef steak, without visible fat, cooked (or any other food), low in calories (5.2 oz.)+ cooked potato (4 small, 12 oz.)
	SNACK	Apple (1 small, 4.2 oz.)+ Raisins (0.5 oz.)
T	DINNER	Seasonal salad ⁽¹⁾ or vegetable soup + legumes (1/2 cup, 3.5 oz.) + bread (2 regular slices, about 2 oz.)

	MEALS	MENU ^{1 TIME WEEKLY}
F I S H	BREAKFAST	Yogurt 2-3.49% fat (1 cup, 7oz.) + oat flakes (1 cup, 3.2 oz) + kiwis (2 servings, 5 oz.) + banana (1/2 medium, 2 oz.) + 1tbs. linseed, blended
	SNACK	Fresh orange juice (1 ½ cups)
	LUNCH	Seasonal salad ⁽¹⁾ or vegetable soup + fish (6 oz.) + Baked potatos (5 small, 15 oz.)
	SNACK	Grapes (~20, 1.5 oz.) + whole wheat bread (1 slice, 1 oz.) with 1tsp tachini/ margarine + a little honey
	DINNER	Seasonal salad ⁽¹⁾ + homemade french fries (12 oz.) + 1 fried egg

	MEALS	MENU ^{1 TIME} WEEKLY
O I L Y G R E E K D I S H E S	BREAKFAST	Fresh orange juice (1 ½ cup) + 1 toast (2 slices whole wheat bread, 2 oz.) + 1 slice low/semi- fat cheese (1 oz.) + 1 slice low fat ham (1 oz.)
	SNACK	Pear (1 medium, 180 oz.) + orange (1 medium, 130 oz.) + fresh almonds (0.5 oz.)
	LUNCH	Peas with olive and tomato sauce (or other cooked vegetables) (1 restaurant serving 12 oz.) + feta cheese (2 oz.) + bread (3 slices, 3 oz.)
	SNACK	Yogurt, semi- fat (2-3.49%) (1cup, 7 oz.) + muesli (1 oz.) +apple with skin (1 small, 4 oz.) + 1 tbs linseed, blended
	DINNER	Seasonal salad ⁽¹⁾ + cooked fish (3 oz.) + white rice, cooked (2 cups, 11 oz.)

	MEALS	MENU ^{1 TIME} WEEKLY
L E G U M E S	BREAKFAST	Fresh orange juice(1 ½ cup) + 1 toast (2 slices whole wheat bread, 2 oz.) + 1 slice low/semi- fat cheese (1 oz.) + 1 slice low fat ham (1 oz.)
	SNACK	Banana (1 medium, 4 oz.) + fresh almonds or other nuts (0.5 oz.)
	LUNCH	Seasonal salad ⁽¹⁾ + lentil soup with tomato sauce (1 serving, 10oz.) + feta cheese (2 oz.) + bread (2 slices, 2 oz.)
	SNACK	Apple (1 small, 4.2 oz.)+ Bread sticks (2 small, 1 oz.)
	DINNER	Seasonal salad ⁽¹⁾ + chicken, without its fat crust, cooked (2 oz.) + wild rice, cooked (2 cups, 11 oz.) + Yogurt, semi- fat (2-3.49%) (1cup, 7 oz.) + a little honey

	MEALS	MENU ^{1 TIME} WEEKLY
S T A R C H	BREAKFAST	Fresh orange juice (1 ½ cup) + 1 toast (2 slices whole wheat bread, 2 oz.) + 1 slice low/semi- fat cheese (1 oz.) + omelette (1 egg, 1.5 oz.)
	SNACK	Apple (1 small, 4 oz.) + grapes (~20, 1.5 oz.) + fresh almonds or other nuts (0.5 oz.) + 1tbs pumpkin seeds
	LUNCH	Seasonal salad ⁽¹⁾ + spaghetti, cooked (3 cup, 9 oz.) + homemade sauce + 4 tbs grinded parmesan
	SNACK	banana (1 μήτρια, 120 oz.) + Cereal bar high in fiber (1 piece) (about 80-90 kcal, 0.5 oz. carbohydrates και 1-3 oz. fat/ piece)
	DINNER	Seasonal salad ⁽¹⁾ or vegetable soup + legumes (1/2 cup, 3.5 oz.) + bread (2 regular slices, about 2 oz.)+ fish (5.2 oz.) + cooked potatoes (3 small, 9.2 .)

Nutrition Facts:	
Energy (Kcal)	2500
Protein	112 g (17.8%)
Carbohydrates	327 g (52.5%)
Fat	85.5 g (30.8%)

Comments:

[1 **Seasonal salad** may be raw or boiled. As for the total amount of olive oil (for lunch and dinner), it should be equal to 2 ½ tablespoons (1 tablespoon= 3 teaspoons)
Feel free to consult the unit "Food Groups" in order to make changes and to develop your own Database based on your own nutritional preferences.

Quantities are based on cooked food, normally prepared with ½ - 1 tbs olive oil per food serving.

Meat, fish and legumes belong in the group of proteins
Rice, potatoes and bread belong in the group of carbohydrates
Olive oil and nuts belong in the group of fat

The Food Group of "Free Foodstuff" consists of products that include less than 20kcal/ portion or less than 5g of carbohydrates/ portion. You may consume up to 3 portions of "Free Foodstuff" daily. In case of hypertension problems, you have to be extremely careful with food that are high in salt.